



Silky Butternut Squash Soup

Ingredients:

- 1 butternut squash, peeled, cleaned, and cubed
- 1 medium onion, chopped
- 1 32-ounce box/can low-sodium chicken broth (or more, if needed)
- 3 Tablespoons butter or olive oil
- 5 fresh thyme sprigs, stripped
- Ground sage to taste
- Salt and Pepper to taste

Instructions:

- 1) In a large saucepan add butter or olive oil and heat on medium-high.
- 2) Add squash and onion and sauté, stirring occasionally.
- 3) Once vegetables are soft (about 20 minutes), add broth, sage, and thyme.
- 4) Bring to a boil then lower heat and simmer until squash is tender.
- 5) Remove from heat.
- 6) Puree the soup until smooth using a blender, food processor, or hand blender (if using a processor or blender, you will have to work in small batches). Add more broth if necessary to achieve desired consistency.
- 7) Add salt and pepper to taste.
- 8) Ladle into bowls and serve hot.

Yield: 8 1-cup servings

Ideas/Substitutions

- Substitute your favorite winter squash, such as acorn or Hubbard for butternut.
- For a vegetarian soup, substitute vegetable broth for chicken broth.
- Top your bowl of soup with a teaspoon of crumbled blue cheese and 1 teaspoon of toasted pine nuts.
- Serve with a fresh green salad, whole-grain rolls, or a tasty turkey sandwich with cranberry sauce.

Nutrition Analysis

Serving Size: 1 cup

Calories: 77

Total Fat: 5.5 g

Saturated Fat: 0.7 g

Trans Fat: 0 g

Total Carb: 5.5 g

Dietary Fiber: 1 g

Sodium: 56 mg

Protein: 2.1 g

Recipe Source

Reprinted with permission, courtesy of
National Gardening Association

www.garden.org